ABSTRACT OF THE DISCLOSURE

A system and method for performing seek or jump functions in a digitally stored audiovisual file are described. When the audiovisual file is recorded onto a storage medium, headers, which are distinct and separable from the audiovisual file datastream, are set in the audiovisual file in the storage medium. Each header contains a timestamp. When jumping/seeking, an estimated position for the desired timepoint on the storage medium is calculated by multiplying the storage unit per time unit rate by the desired timepoint. Then the system and method jumps to the estimated position, where the timestamp in the nearest header is checked to determine whether the time it indicates is close enough to the desired timepoint. If it is not, a new estimated position is calculated and the method repeats until either an iteration limit is reached or the estimated position is determined to be close enough to the desired timepoint.